My Projected Personal Timeline

**Instructions:** Begin with the day of your birth and include 10 milestones that have occurred in your life up until TODAY. Then project at least 10 additional milestones toward your future. Utilize information from *My Future Projections* and *My Lifestyle Profile* to complete this activity.

My Birthdate: 

My Future Projections

My Lifestyle Profile

Today:
Summarize what you have learned about yourself from this activity: